

Desert Sierra Health Network Meeting Minutes  
**Tuesday, January 9, 2007, 11:30 a.m. –1:30 p.m.**  
 Riverside County Department of Public Health  
 Sherman Training Center  
 3900 Sherman Way, Riverside, CA

**Packet Handouts:**

- January 9, 2007 Meeting Agenda
- November 8, 2006 Meeting Minutes
- California 5 a Day –Be Active Worksite Program
- Real Moms Healthy Kids-Draft & Hero Mom Success Card Samples -Draft
- 2007 Projected DSHN & 5 a Day CAC Meeting Dates
- ~DSH Network News!~ Winter 2007 Edition
- Meeting & Taste Testing Evaluation Forms
- 5 a Day Recipe: Heart-Healthy Veggies & Dip

**Sign- Up Opportunities:**

- DSHN & Committees
- Worksite Wellness Toolkit Training

**Additional Member/Presenter/Guest Handouts:**

- Save the Date: *Fit and Healthy Families* Community Agency Sharing Forum
- Martin Luther King Jr. Health Fair

Agenda Item	Discussion	Action
<b>Welcome, Introductions &amp; Ground Rules</b>	Chair, Rodney Taylor, and Vice Chair Eddie Martinez opened up the meeting. Attendees were welcomed and introductions were made. Ground rules were displayed and briefly reviewed.	<ul style="list-style-type: none"> <li>❖ See last page for list of 49 attendees</li> <li>❖ Ground rules will be posted during each DSHN meeting</li> </ul>
<b>Review November 8, 2006 Meeting Minutes</b>	Minutes reviewed by membership. <i>Corrections</i> added to minutes under member & guest announcements: Relay for Life <i>Kickoff</i> on Nov. 8 <sup>th</sup> from 6am to 4pm in <i>Fontana</i> . Sharon Nelson made motion to approve with noted changes. Josette Quinn seconded the motion. All were in favor.	<ul style="list-style-type: none"> <li>❖ Pamela Sampson will make the corrections as noted</li> <li>❖ Pamela S. will send approved November minutes to entire DSHN membership</li> </ul>
<b>New California 5 a Day- Be Active! Worksite Program</b>	<b>Cinthia Morris</b> explained how the program operates, shared worksite formative research results, and described the 10-week worksite program activities, worksite expectations, qualifying worksites, the toolkit components, and optional activities from the Fit Business kit.	<ul style="list-style-type: none"> <li>❖ For more information on the new CA 5 a Day Worksite Program visit the website at <a href="http://www.ca5aday.org/worksite">www.ca5aday.org/worksite</a></li> <li>❖ Members may contact Cinthia at 951-358-7854 or <a href="mailto:crmorris@co.riverside.ca.us">crmorris@co.riverside.ca.us</a></li> </ul>

<b>Nomination Process for Vice Chair</b>	Nomination process was reviewed. Pam Sampson nominated Sharon Nelson from the American Cancer Society. No additional nominations were made. Motion was approved by membership to elect Sharon Nelson as vice- chair.	❖ As the 2007 DSHN vice-chair, Sharon Nelson will acknowledge and execute the DSHN vice chair responsibilities listed in the DSHN Operating Procedures
<b>DSHN PSA Presentation by Julie Mortimore (Agenda Addition)</b>	<p><b>Julie Mortimore</b> shared the new 30-second Public Service Announcement, <i>Get It Into Your Life</i>, specifically developed to promote the DSHN.</p> <p>Julie also announced the upcoming January 12th interview on Inland Empire Alive talk show with Network members, Jeanne Silberstein and Eddie Martinez to promote DSHN.</p>	<p>❖ Membership can view the 30-second PSA periodically throughout the month of January on KCSB Channel 3 TV, Inland Empire Alive approximately 1-2 times daily</p> <p>❖ Membership can view the interview featuring Network members on KCSB Channel 3, Inland Empire Alive on three different occasions during the month of January</p> <p>❖ For more information, contact Julie at 909-387-6331 or <a href="mailto:jmortimore@dph.sbcount.gov">jmortimore@dph.sbcount.gov</a>.</p>
<b>Grass Roots Project Discussion</b>	<p><b>Susan Pennel</b> discussed the re-branding of the CNN and 5 a Day campaign to <i>Champions for Change</i>, which is currently in progress. Efforts will continue to focus on chronic disease prevention, increasing physical activity, and increasing fruit and vegetable intake.</p> <p>The Real Moms, Healthy Kids advertising campaign recruited real moms from San Bernardino and Fresno. Network members viewed the 14-minute video targeting low-income moms.</p>	<p>❖ Members were advised not to use the new campaign message until the official launching on April 24, 2007</p> <p>❖ DSHN members may contact Susan at (916) 449-5418 or <a href="mailto:spennel@dhs.ca.gov">spennel@dhs.ca.gov</a> for ordering the DVD, which will become available in May</p>
<b>Member &amp; Guest Announcements for Future Events</b>	<b>Monica Haag.</b> Announced the <i>Fit and Healthy Families</i> Community Agency Sharing Forum on February 20, 2007 from 8:00 am – 4:00 pm. Ellen Coleman, RD, is the speaker.	<p>❖ Contact Monica at 909-388-0446 or <a href="mailto:mhaag@dph.sbcounty.gov">mhaag@dph.sbcounty.gov</a> if interested in booth setup</p> <p>❖ Application will be sent via email</p>
<b>Member &amp; Guest Announcements for Future Events</b>	<p><b>Sharon Nelson.</b> March is Colon Cancer Awareness Month.</p> <p><b>Dede Benson.</b> Healthy Communities Walk on March 3rd in Fontana to be held at Heritage Park from 8:00 am -12:00 pm.</p>	<p>❖ Contact Sharon, American Cancer Society, at 951-300-1205 or <a href="mailto:Sharon.nelson@cancer.org">Sharon.nelson@cancer.org</a></p> <p>❖ Contact Dede, City of Fontana at 909-350-6541 or <a href="mailto:dbenson@fontana.org">dbenson@fontana.org</a></p>

<b>Member &amp; Guest Announcements for Future Events</b>	<p><b>Terry Roberts.</b> Asthma conference will convene on May 2<sup>nd</sup> at the Etiwanda Gardens Conference Center.</p> <p><b>Cinthia Morris.</b> The next wellness worksite toolkit training is February 6<sup>th</sup> from 10:00 am to 12:00 pm at the American Cancer Society office in Riverside.</p> <p><b>Melanie Dhason.</b> <i>Kid Healthy Steps Program to Healthy Living</i> Program. It initiates Spring 2007.</p> <p><b>Astrid Mickens.</b> Eastern Star Organization is working with the African American 5 a Day Campaign to sponsor the Black History Forum on February 16<sup>th</sup> at First 5 in Riverside, 1 p.m. – 4.p.m. at 2002 Iowa Ave. Community Resource Fair: 4 p.m. - 6 p.m.</p>	<ul style="list-style-type: none"> <li>❖ Contact Terry at the American Lung Association of California at 909-884-5864, or <a href="mailto:terry@alaic.org">terry@alaic.org</a></li> <li>❖ Pam Sampson will disburse information of upcoming worksite training to those on waiting list</li> <li>❖ Contact Melani, SBCDPH at 909-387-6380 or <a href="mailto:mdhason@dph.sbcounty.gov">mdhason@dph.sbcounty.gov</a></li> <li>❖ Contact Astrid, SBCDPH at 909-387-0173 or <a href="mailto:amickens@dph.sbcounty.gov">amickens@dph.sbcounty.gov</a></li> </ul>
<b>Member &amp; Guest Announcements for Future Events</b>	<p><b>Angel Baltazar.</b> California Speedway features free event promoting physical activity for kids and families. <i>The Kid's Fitness Challenge</i> will be held Saturday, April 28<sup>th</sup>.</p> <p><b>Loistine Herndon.</b> Martin Luther King Health Fair on January 15<sup>th</sup> from 2:00 pm – 5:00 pm at T. Hughes Building on 1777 West Baseline in San Bernardino.</p> <p><b>Diane Wayne.</b> Martin Luther King event at White Park on January 15<sup>th</sup> featuring walkathon from 7:00 am- Noon and health fair from 1:00 pm –5:00 pm.</p>	<ul style="list-style-type: none"> <li>❖ Contact Angel, SBCDPH at 909-387-6627 or <a href="mailto:abaltazar@dph.sbcounty.gov">abaltazar@dph.sbcounty.gov</a></li> <li>❖ Contact Loistine at 909-383-9588 or <a href="mailto:templeoutreach@att.net">templeoutreach@att.net</a></li> <li>❖ Contact Diane, RCDPH at 951-358-5890 or <a href="mailto:dwayne@co.riverside.ca.us">dwayne@co.riverside.ca.us</a></li> </ul>
<b>Member &amp; Guest Announcements for Future Events</b>	<p><b>Teslyn Henry.</b> F.A.M.E. is back in action starting week of January 30<sup>th</sup> at the Sturgis Auditorium at 6:00pm and will convene every Tuesday.</p> <p><b>Tamara Hernandez.</b> <i>Five Secrets to Healthy Families</i> will initiate January 13 from 1:00 pm – 3:00 pm at Riverside YMCA.</p>	<ul style="list-style-type: none"> <li>❖ Contact Teslyn, SBCDPH at 909-387-0175 or <a href="mailto:thenry@dph.sbcounty.gov">thenry@dph.sbcounty.gov</a>.</li> <li>❖ Contact Tamara, Riverside YMCA at 951-689-9622 or <a href="mailto:thernandez@riversideymca.org">thernandez@riversideymca.org</a></li> </ul>
<b>Next Meeting Date and Dates for 2007, Evaluations, Wrap Up &amp; Thank You</b>	<p>Attendees received the 2007 projected DSHN meeting dates and were asked to complete the meeting and taste testing evaluations. All were thanked and meeting was adjourned.</p>	<ul style="list-style-type: none"> <li>❖ <b>Next meeting date</b> is scheduled for <b>May 15, 2007 in San Bernardino</b></li> <li>❖ <b>New location:</b> IEHP office</li> <li>❖ Pam Sampson will send January 9, 2007 evaluation results to DSHN membership</li> </ul>

\* A conference line was set up - No Inyo County members called in

### **Forty-Nine in Attendance:**

Asi, Adleit F Ann, Yucaipa-Calimesa Joint USD  
Allen, Leticia Salazar, San Bernardino County DPH/Latino 5 a Day  
Baltazar, Angelica, San Bernardino County DPH  
Benson, DeDe, City of Fontana Community Services Dept.  
Cohen, Judy, San Bernardino County DPH-Community Nursing Services  
Cooley, Zenobia, Riverside County –Nutrition  
Craddick, Andrea, Riverside County DPH/CNN  
Dhason, Melani, San Bernardino County DPH/Power Play  
Gavilanes, Leticia, City of Montclair  
Guichard Elisa, San Bernardino County DPH/Project LEAN  
Haag, Monica, San Bernardino County DPH/CHDP/CLPPP  
Harris -Quinn, Josette, Riverside County DPH/Nutrition Network  
Haugh, Erin, San Bernardino County DPH/Latino 5 a Day/Nutrition Network  
Henry, Teslyn, San Bernardino County DPH/FAME Program  
Hernandez, Tamara, YMCA of Riverside City/County  
Herndon, Loistine, Temple Community Outreach Center/AA 5 a Day  
Hoxter, Gayle, Riverside County DPH/Nutrition  
Jackson, Sandra Wales, Riverside County DPH  
Jones, Angela, SB City Unified School District/Health Services  
Limon Claudia, Riverside County DPH/Latino 5 a Day  
Lopez Melodee, San Bernardino County DPH/RNN  
Martindale, Rev. Bronica, San Bernardino County DPH/FAME Program & CA Gardens  
Martinez, Eddie, DSHN  
Mickens, Astrid, San Bernardino County DPH /African American 5 a Day  
Morris, Cinthia, Riverside County DPH/Be Active Program  
Mortimore, Julie, San Bernardino DPH/ RNN Media Advocacy  
Nikraves, Nazila, San Bernardino County- Patton State Intern  
Nelson, Sharon, American Cancer Society  
Obland, Ethlyn, San Bernardino County/CHDP  
Oliver, Eric, Knockout Boxing  
Oliver, Katerina, Knockout Boxing  
Padilla, Judith, Riverside County DPH/ Power Play  
Peters, Heba, Preschool Services-Head Start  
Roberts, Terry, American Lung Association of California  
Rosales, Gina, Riverside County Nutrition Services CNN/RNN  
Sampson, Pamela, San Bernardino County DPH/ RNN  
Silberstein Jeanne, San Bernardino County DPH/Nutrition  
Siples, Cynthia, Patton State Hospital  
Taylor, Rodney, Riverside County – Riverside Unified School District  
Thompson, Paula, San Bernardino County DPH/ Nutrition Network  
Tremblay, Amanda, Community Hospital of San Bernardino  
Trevino, Evelyn, San Bernardino County DPH  
Valeriano, Laura, Nutrition Services First 5 Intern  
Wayne, Diane, Riverside County DPH/RNN  
Wu, Pamela, Riverside County DPH/RNN  
Wynn, Vicki, Riverside County

### **State Representatives**

Jennings, Melissa, California Dept. HS/CPNS  
Montgomery, Lawrence, California Dept. HS/CPNS  
Pennel, Susan, California Dept. HS/CNN